

Prayer in Motion: An Alternative Shabbat Morning Service



Saturday, July 14th
9:30 - 10:30am

Interested in a
reflective and
meaningful way to
celebrate Shabbat?
"Prayer in Motion" is a
combination of study,
discussion and
personalization of
the morning service
along with guided
gentle-movement to
awaken the body and
stir the soul.

Come as you are and leave after our session *or*
stay for the main service and lunch!

Congregation Beth Shalom
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